



*Toward Stillness  
Meditations*

[www.towardstillness.com](http://www.towardstillness.com)



# MEDITATION AS A HEALING TOOL



**Tony Murdock, MA,**  
[www.towardstillness.com](http://www.towardstillness.com)

Tony Murdock has been practicing meditation and studying yoga philosophy and mysticism since 1972. He has a Master's degree from McMaster University in Sanskrit and Hindu Religious History, with a minor in Christian Studies. Tony has been sharing meditation with others since 1998.

## MEDITATION AS A HEALING TOOL

Meditation can be used to help us heal. We will learn a variety of meditations to help us take the stresses out of our physical body, to help us calm our restless mind, to help us ease our heavy heart, and help us find peace and harmony in our life.

Saturday: May 25<sup>th</sup>

2:00 – 4:00 pm

Fee: \$35.00 + hst

Please register early due to limited space.

### LOCATION:

**LEELA**, space for yoga, massage and more  
6954 Lundy's Lane, Niagara Falls, L2G 1V9

To Register call Sheena Cuning (905) 354.3181,  
register at the Front Desk, or go to

[www.leelaspace.com](http://www.leelaspace.com)

